

## It's not your fault

This relationship is between two adults and whether they feel they can continue is their decision alone.

It is very easy to feel that there was something you did or didn't do that could have made a difference to the outcome. It is not appropriate for you to know all the details.

There is nothing you did to cause this break up, but it will have a huge impact on your life from now on.

## Be kind to yourself

You are going through an emotional and difficult time, be kind to yourself. Try something you enjoy, like...

- Watching your favourite film
- Having a relaxing bath
- Spending time with friends

Something to take your mind off things for a while...

## Don't get stuck

There is often a lot of powerful hurt between partners who are separating and things can become hostile.

Do NOT feel that you need to take sides or be the go between because your parents find it hard to communicate.

Explain that you love them both but they will need to find an adult to help them work this out.

## Special Events

There will be lots of special events that will need to be negotiated. Your parents may find it difficult to be in the same place together for a while.

Discuss with them about how these situations can be managed. Be part of finding a solution that suits everyone - including you!

## Show your emotions

This is a sad time, and you will feel a range of emotions from anger to sadness, that is perfectly normal, life is not how you would want it to be:

Remember:

- It is OK to cry
- It is normal to feel powerful emotions that take you by surprise
- It is OK to be angry with your parents about this

## Talk about it

Don't be frightened to talk about the person or relationship that is now broken. It is easy to feel you don't want to upset your parents who are hurting.

- Realise that friends and family care about you and want to listen to you
- Talking together about the person/situation (however painful), is really important.

# 10

## ways to cope with your parents breaking up

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With nearly half of marriages ending in divorce, relationship breakdown is something that will impact many of us in some way...



## Keep your focus

During this time, keep an eye on you - eat, sleep, exercise, and maintain your studies.

Remember your dreams and aspirations, it is easy to feel that these things are no longer possible, but your future matters and you can keep your routines going to reach for where you want to go.

## Communication

It may be difficult to talk to your parents during this time as emotions can be running high, but they need to know how you feel.

Try writing a letter, or talking to a trusted adult who can talk to your parents. That way, you can explain what is happening for you in a calm way and your feelings can be communicated.

## Seek Support

If you are finding things overwhelming, find someone to talk to. In school, talk to your Tutor or come to the Nest.

At home, find family members you can trust.

See the back of this leaflet for websites etc that offer advice.

## Adjusting

There will be a lot of changes over the coming weeks and months that will require you to adjust. It could be moving house, becoming part of a new family, even having new siblings.

Keep talking to people about how you feel and sharing that with parents. They will be finding it difficult too, but you can support one another.

## **You can find further advice and help at:**

<https://www.childline.org.uk/info-advice/home-families/family-relationships/divorce-separation/>

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=282&id=1660>

<https://teenshealth.org/en/teens/>

## **Some clips from Young People who have been through this situation**

<https://www.youtube.com/watch?v=-rm3aiAfoJ4>

<https://www.youtube.com/watch?v=Can1SFzxWsE>

## **Advice and online counselling**

<https://www.kooth.com/>

<https://www.childline.org.uk/>

## **Leaflets available**

- Loss ● Anger ● Anxiety ● Sleep ● Bullying ● Managing Behaviour ● Coping with parents breaking up (leaflets for parents as well)
  - Self-harming ● Attendance ● Dyslexia ● Dyscalculia ● ASD
  - ADHD ● Depression ● Workload ● Work stress ● Confidence

If you would like to receive a copy of any of these 10 Ways To leaflets, please email [wellbeing@purbeck.dorset.sch.uk](mailto:wellbeing@purbeck.dorset.sch.uk) and we will send them to you